

August 2018

Sheldon Community School

LUNCH



**Meal Prices-Students--\$2.65
Adults--\$3.70**

This institution is an equal opportunity



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Menus subject to change without notice.



Wednesday

Thursday

Friday



Welcome Back!

Hotdog/Bun
French Fries
Baked Beans
Applesauce
Milk

Pizza
Lettuce Salad
Carrots/Celery
Pineapple
Milk

Chicken Strips
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

Tuna Noodles
Peas/Mixed Veg.
Dinner Roll
Pears
Milk

Corn Dogs
Ranch Wedges
Broccoli
Sidekicks
Milk

Tacos-Bags or Hard Shells
Lettuce/Tomato/Cheese
Texas Beans
Corn
Peaches
Churro/Milk

Hamburger/Bun
Cheese Slices
French Fries
Carrot Sticks/Baked Beans
Applesauce
Milk